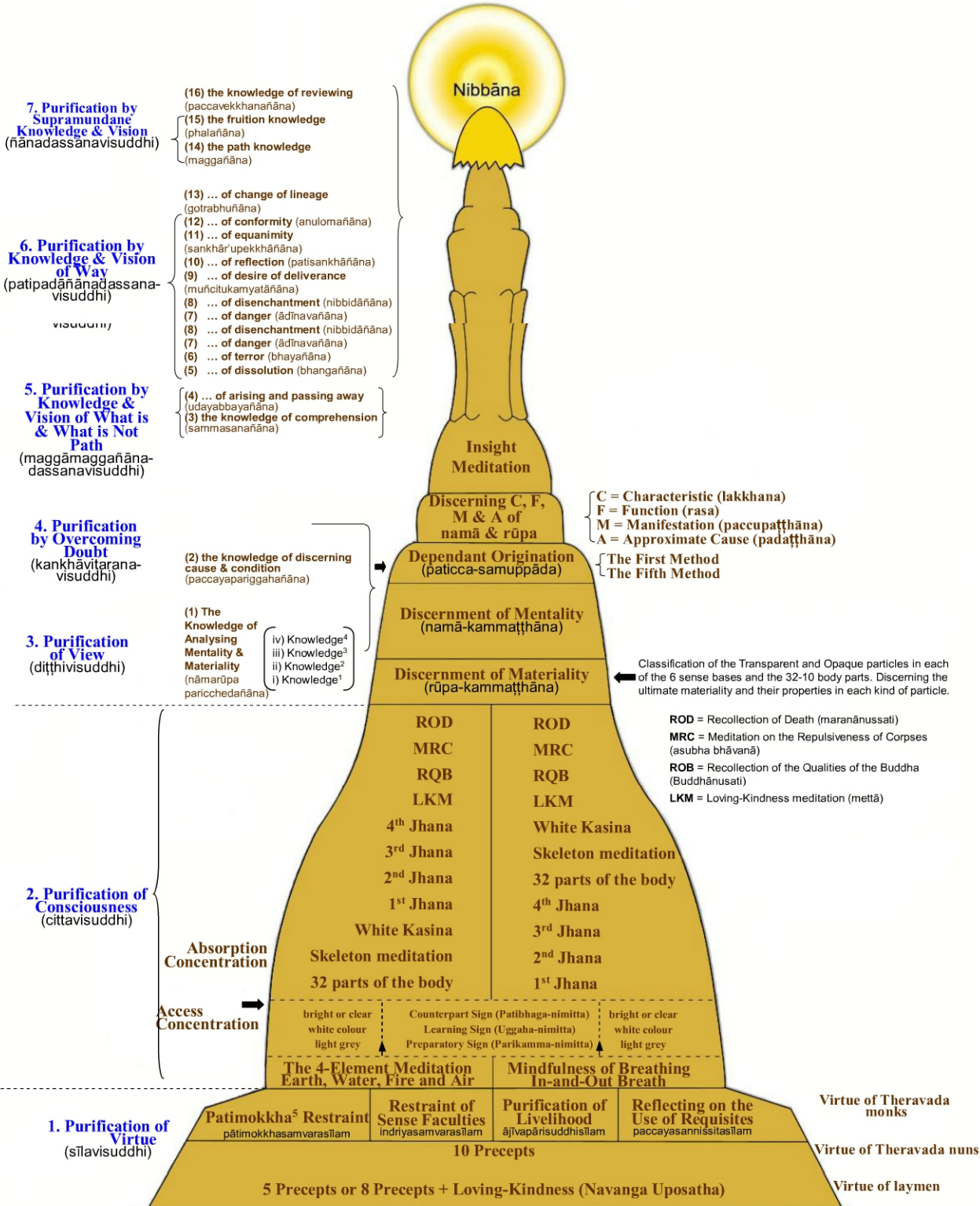


THE DIAGRAM SHOWING THE WAY TO PRACTISE

The Four Elements Meditation and Mindfulness of Breathing

BEING EXERCISED IN PA-AUK FOREST MONASTERY, PA-AUK VILLAGE, MAWLAMYINE TOWNSHIP, MON STATE, UNION OF MYANMAR



1 = the knowledge that discerns materiality
 2 = the knowledge that discerns mentality
 3 = the knowledge that discerns both mentality and materiality
 4 = the knowledge that understands there is no person, being or soul but only mentality and materiality
 5 = 227 rules for monks